

Scheme for Flat Feet - used at Home.

L. Creighton.

1. X-L. sitt. - A's bend & stretch upward w deep breathing.
2. Str. st - easy A. swing.
3. ly - bicycling movements with L's.
4. X-L. sitt - H. circling.

Special -

1. Sitt. - toes ab & ad. (slowly)
2. " - Roll ft. over bottle - alt.
3. " - Ank. rolling.
5. Bk. ly - slowly sitt. up & ly. bk.
6. " " - chest rais. alt. w. H. rais.
7. ST - L's swing. from S-S with hl. click - A's
H's swing. opp. to f.
8. Relax sitt - Chest expansion.

Static work for Abd. Mus.

1. Ark by - H. rais.
2. " " " " old rais.
3. Knee grasp ark by - alt kn updown.
4. " " " " extension.
5. " " " " L's raised on stool alt L uplift

Concentric or Eccentric Work.

1. Side ckt ly. - Abdominal contractions. (P. lies on 1 side with knee well drawn up & all relaxed & contracts abd. musc.)
2. Ckt $\frac{1}{2}$ ly - Abd. contractions.
3. or diaphragmatic breathing.
4. Knee pop ckt ly - 2 kn up & draw & lowering.

Used as Lateral Flange of Spring (used single B. max)

1. Hy - all side bending
2. " " " " " w all L abd. (O bends
to L side & abd L on same side to fullest extent
(Shouldn't lift H off floor or plinth)
3. Hy - all side bend w all kn. updraw.
(O. bends to side at same time flexes hip &
kn to side keeping ft ^{on} floor - bends til
gap ank - hip must b ald. Return & start x)
Repeat
4. Hy - all hip updraw.

Maneuvering Exercises -

1. Head rolling
2. Circle Turning
3. Scram Twisting.
4. Winging
5. Side winging
6. Trunk rolling.
7. Hewing.
8. Rolling sets wings.
9. Hanging.
10. Long sit. - 2 Aftling.
11. Hewing.

B. 1. 8 sides Ph. ex.

2. 2-A. ad + stick.

3. Also raise, 1st set.

4. Correction belt.

C. Spec. ex + ea type of course.

Scheme for Constipation.

Lex. str. sitt - Chest left w relaxation + 2 H rais
to abd level, As rotate outw + H. extr.

ST - L swing + B.

ST - 2A swimming.

Wg. st or large supp ST. - T rolling.

Crk ly - Pelvic left w rotation.

Wg. kn st. - Bk rais. vent by vent.

Crk ly - T. rais. w kn extr + feet bd + Bk fall w kn fl.

Ly - act. side bd w act kn updraw. + ank grasp.

Wg. st. - T just bend + raise w strain Bk.

Push sid - act T. rotation w H fling.

Penist w un. ship. dance a fancy march.

Itk. ly. - abd. breathing.

Causes of Constipation

1. Bad hygienic conditions
2. Low food
3. Overwork, too little rest.
4. Congested womb.
5. Hemorrhage
6. General disturbance of circulation
7. Acute infectious diseases
8. Toxic conditions - as alcoholism

Notes

Blood Count

When these weaknesses are diminished
fatigue inflammation of organs may
arise easily

Side w long sh. mus.

Signs from -

Headache & congestion

Breathlessness

Digestive disturbances

Graduated ex -

Improve circulation & thus get

Greater intake of O_2 thereby

improve haemoglobin content of blood

Breathing ex - in $\frac{1}{2}$ ly -

1. At L

2. Gentle abd & back.

3. Can give passive head rollings.

Progress w very gentle ex. gradually
inc. plinth unt. I sitt, up

Breathing ex. on plinth

1. Push chest up w hand under
back. or breathe out put
hds at sides & shake above!

Do in st. h - lft for other neck
rest

Postural scoliosis - one side more

dev than other & it can be cured

Pl. at L - hds over head -

Breathe in push up to side - sto to R & L
shake on breath out

Posture.

Causes:

1. Malnutrition - diet.
2. Overeating.
3. Glandular disturbances. - growth, tone, energy.
4. Nervous
5. Flabby mus.
6. Fatigue
7. Sitting
8. Eye sight & hearing defects.
9. Faulty clothing
10. Habitual poor posture
11. Weakness of poor bk & abd mus.
12. Wrong mental attitude.
13. Lack of self confidence & respect.
14. " " " " teachers & underst. of situation
15. Foot arch trouble.

"Silhouettegraph." good for posture. picture of them.
Kodak Co.

Anatomist	}	All can help with posture.
Physiologist.		
Engineer		
Sculpture		
Cartoonist.		
Singer Teacher.		
Athlete.		

Posters for H. Ed.

Stimulate C. int. in H.
Co-relate H. w other sub.
Material authentic.
Theme positive - not negative.
Only 1 idea emphasized.

Instruction

1. Oblongue better than sq.
2. Margins on side & top uniform & base wider.
3. Color scheme simple & effective.
4. Suggest action.
5. Hogan or printing used brief & appropriate.
6. Lettering legible at dist. But not too big in proportion to poster.
7. Finished article - neat.

Materials for Posters

1. Brown wrapping paper.
2. Card boards & other useful paper.
3. Construction paper - colours.
4. Free hand cut paper design - glen & Phil's.
5. Crayon drawing.

May be used for various reasons such as project. Health or other classes.

Health, Habits & Attitudes

Health for H. S. - Williams & Shaw.

226. - Roll of Teacher in H. Ed. - Strong & Smiley.

Health for Public Schools. - Thursday - April 31.

Comm. &

Social H.

Capit's own Problems.

Health Committee or Council that binds all people
& things that concern health.

Co. related with other academic subjects.

→ Principle & Assist. Prin.

P. E. Teacher.

Doctor or Nurse.

Student Repre.

H. S. Teacher.

Biology

and, Civics & Geog.

Teacher from outside who is interested.

H. Councillor.

Lois Creighton.

REMEDIALS

M.E.S. Seniors
IV Diploma

Finals, 1942

1. Write schemes of exercises for patients suffering from a mild degree of Constipation.
2. Describe types of residual paralysis, and splints which may be worn. What type of exercises are given to these children and how may you help such cases with remedial exercises.
3. What are the precautions to be taken when giving exercises to a child suffering from anaemia.

Seniors - 2 hrs.

REMEDIALS

MAY 1941

- I. Analyse the muscle work of: Hve. grsp. crk. ly. 2 knee updrawing & downpressing.
Give the effects and uses of this exercise.
- II. Write a scheme of exercises for a strong boy of 14 who has kypho lordosis and who has been having exercises for one month.
- III. You are asked to give a class in gymnastics to a group of girls who are anaemic.
What points would you consider when planning the table, and what kind of exercises would be most suitable for them.
- IV. What advice and help would you give to an otherwise normal, healthy girl who suffers from dymennorrhoea and who usually takes no activity at the time of her period.